

# **ABSTRACT OF THE DISCLOSURE**

Prior to an actual record on an optical disc (10), in an outer peripheral test area (22a) which is on the outer peripheral side with respect to a program area (18) of the optical disc (10), a test record is repeatedly performed a plurality of times while the velocity is controlled to a predetermined linear velocity and the recording power is sequentially changed. An appropriate recording power value at the linear velocity is obtained on the basis of reproduced signals of the plural test records in the outer peripheral test area. In an actual record on the optical disc (10), the record is performed while the recording power is controlled to the appropriate value in accordance with the linear velocity, on the basis of the obtained recording power value.